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Headaches

Can you make them go away?

There are many types and causes of headaches. Regardless of the cause, if you have a headache, you want it to end. Fast!

This has produced a huge market for medications that cover up the symptoms of headaches. Powerful drugs can numb your nervous system so the pain does not register. While these approaches may be convenient, they can cause adverse effects and kidney or liver damage. Worse, they don't correct the underlying cause of the headache.

Headaches may be common, but they are not normal.

One cause of headaches can be spinal bones in your neck not supporting your head properly. This can affect nerves, muscles, and even blood supply to your head.

Chiropractic doctors locate areas of the spine that are not working properly. They notice if proper spinal curves are present. They look at your posture and your ability to turn and bend. These and many other examinations can help determine if you are likely to benefit from chiropractic care.

If you are a good candidate for chiropractic care, your treatments will consist of a schedule of chiropractic adjustments to help normalize spinal function along with a home exercise program to help restore posture, strength, and flexibility to your spine. Many chiropractic patients report fewer and less severe headaches after treatment.

While we can't guarantee results, our office has a high success rate with patients who get headaches.

What causes headaches?

The most common causes are physical trauma and stress. Sometimes there may be a combination of factors. Our examination process helps identify the most likely cause.

How long will it take?

Some patients enjoy results quickly. Others notice a slow decline in their symptoms after several weeks or longer of chiropractic care. It's impossible to predict; however, generally speaking, the longer you have had the problem, the longer it will take to resolve. If you have had chronic headaches for many years, improvement can take time.

What if chiropractic doesn't work?

Headaches may be common, but they are not normal. Every headache has a cause. If we are unable to find and correct the cause of your headaches, we can refer you to other specialists who may be able to help you. Your health is our only goal.

- Headaches can be related to vision problems and other causes. Our examinations can show if you are likely to be helped with chiropractic care.
- Your body does not have an aspirin shortage! Medications merely numb your body, ignoring the underlying causes of your pain.
- Many headaches are the result of a loss of curve in the neck, affecting nerves, muscles, and blood supply to the head.
- Many “stress” and “tension” headaches are the result of improper posture causing tightness in the muscles of the neck and upper back. These headaches often improve with chiropractic care.

Safe and Natural

Chiropractic is a team approach to better health. We want you to be active in your healthcare and strive to teach you methods to help prevent pain and injury.

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